

Atty Dkt. No.: SKIL-001CON
USSN: 10/043,657

AMENDMENTS

Please add the following new claims:

22. (New) A hydration system comprising:

a flexible pouch including a plurality of layers, said plurality of layers being all joined together to form at least two compartments,

a conduit having an inlet and an outlet, and

a pack including a housing portion and straps,

wherein at least one of said compartments is filled with gel, and at least one of said compartments is for being filled with drinking fluid,

wherein said conduit inlet is in fluid communication with said drinking fluid compartment, and said outlet is capped by a valve, said valve being a bite-valve articulable by the jaws of a user,

wherein said drinking fluid compartment is in fluid communication with a sealable opening for fillings said drinking fluid compartment, and

wherein said flexible pouch is received within said housing portion of said pack.

23. (New) A method of preparing an integral thermal medium hydration system for use, the method comprising:

a) providing a hydration pouch having a compartment containing gel, and an empty compartment for drinking fluid,

b) chilling said hydration pouch,

c) filling said drinking compartment with drinking fluid through a sealable opening in fluid communication with said drinking fluid compartment, and

d) placing said pouch in a pack wearable by a user.

24. (New) The method of claim 23, wherein said chilling is performed in a freezer.

Cont

Atty Dkt. No.: SKII-001CON
USSN: 10/043,657

25. (New) A method of preparing an integral thermal medium hydration system for use, the method comprising:

(1) a) providing a hydration pouch having a compartment containing gel, and an empty compartment for drinking fluid,
b) heating said hydration pouch,
c) filling said drinking compartment with drinking fluid through a scalable opening in fluid communication with said drinking fluid compartment, and
d) placing said pouch in a pack wearable by a user.

26. (New) The method of claim 25 wherein said heating is performed in a microwave.
